



 **93%**
HEALTH SCORE

Brussels Sprouts and Mushrooms

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1 pound brussels sprouts
- 2 cloves garlic thinly sliced
- 8 ounces mushrooms sliced (baby bella or button)
- 1 small onion thinly sliced quartered
- 4 servings pepper black freshly ground to taste
- 0.8 cup vegetable stock

Equipment

- frying pan

Directions

- Put the onions into the hot skillet and give them a sprinkle of salt (optional, but speeds browning). Stirring constantly, adding a teaspoon or two of broth to the skillet if the onions stick, cook until the onions begin to brown, about 2–3 minutes.
- Add the garlic and more broth if necessary, and cook for another minute.
- Remove onions and garlic to a plate and return the skillet to the heat.
- Put the sprouts into the skillet, cut side down. Cook until they begin to brown and then add in the mushrooms and stir. Cook for another minute or two, stirring frequently.
- Add about 1/2 cup vegetable broth and the reserved onions, stir, turn down the heat, and cover tightly. Cook until the sprouts are tender and easily pierced with a fork, 3–5 minutes, adding more broth if necessary. Season with salt and pepper to taste and serve immediately, garnished with grated orange peel, if desired.

Nutrition Facts

 **PROTEIN 26.86%**  **FAT 5.77%**  **CARBS 67.37%**

Properties

Glycemic Index:49.5, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:19.860434765401%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 72.92kcal (3.65%), Fat: 0.56g (0.86%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 9.53g (3.46%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 208.41mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin K: 200.97µg (191.4%), Vitamin C: 99.34mg (120.41%), Manganese: 0.47mg (23.46%), Fiber: 5.23g (20.92%), Folate: 82.2µg (20.55%), Vitamin B2: 0.34mg (19.8%), Vitamin A: 949.91IU (19%), Potassium: 654.32mg (18.69%), Vitamin B6: 0.35mg (17.36%), Vitamin B3: 2.92mg (14.62%), Vitamin B1: 0.21mg (14.31%), Copper: 0.27mg (13.62%), Phosphorus: 134.53mg (13.45%), Vitamin B5: 1.23mg (12.31%), Iron: 1.94mg (10.79%), Selenium: 7.39µg (10.56%), Magnesium: 33.48mg (8.37%), Vitamin E: 1.01mg (6.73%), Calcium: 56.51mg (5.65%), Zinc: 0.82mg (5.46%)